



SOUTH COAST TRACK | 9 DAYS | 91 KM

A TRUE GEM AT THE VERY EDGE OF THE EARTH, THE SOUTH COAST TRACK IN TASMANIA'S WILDERNESS WORLD HERITAGE AREA HAS IT ALL.

With precipitous peaks plunging into the ferocious Southern Ocean, wild rivers, pristine rainforests growing to the edge of unspoiled beaches and vast meadows of brilliant wildflowers, the South Coast Track is a must see and do. Our trip starts with a plane flight from Hobart, taking us into the very heart of this untouched remote wilderness area. We wave goodbye to our pilot and the real adventure begins. Taking 9 days and covering almost 100 km of the wildest, most spectacular country anywhere in Australia - we hike to places very few people go. This is a real journey; it's not for the faint hearted but for those who like to challenge themselves, the rewards are immense and sometimes life changing.

There are very few places like this left on Earth, an area so wild, so spectacular and totally unspoiled. The South Coast Track is a full pack carrying trip so a good level of fitness is required. We have one food drop in place on the track which will lighten the load. You will be carrying around 20kg. Our 9 day itinerary allows us time to relax, giving us the time to really take in the beauty and the feeling you get being in the complete wilderness. Having a rest day and a food drop half way along the trail gives us time to recuperate and lighten the load. It is an ideal place to take it easy, go for a fish, read a book, go exploring the many bays and sea caves or just sit on the beach gazing out at the Southern Ocean and its many islands. This trip is a favourite of our Guides; the South Coast Track inspires, tests and ultimately rewards them like no other. Their vast knowledge and experience in the wilderness ensures a trip that will be a truly memorable life experience.

WHAT'S INCLUDED

- 2 professional wilderness guides.
- 8 nights camping.
- 8 breakfasts, 9 lunches & 8 dinners.
- Air transfer from Hobart to Melaleuca.
- Return transfer back to Hobart.
- National Park fees.
- Tent and sleeping mat.
- Emergency communications & group first aid kit.
- Group camping equipment including all cooking & eating equipment.

TREK GRADING : EPIC TREK

See: www.trektasmania.com.au/faq/trek-gradings/ for more information about gradings

WHAT YOU CARRY

On the 9 day South Coast Track adventure you will need to carry all your personal equipment in a full trekking backpack that is 70-90 litres in capacity. This includes sleeping bag, inflatable sleeping mat, tent, a proportion of the group's fresh food supplies and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be a maximum of 20kg. A comprehensive gear list is available to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you.

IMPORTANT NOTES

Our 9 day South Coast Track adventure is a demanding walk, we advise you to do as much training as you can before your tour with us. The more you train for the walk the easier you will handle the terrain and the more you will enjoy this wonderful part of the world. It's also important to come along with an open mind ready for an awesome experience whatever the weather, whoever the group. It is very important that you bring the right gear for the conditions. The Tasmanian weather can be unpredictable, storms can arise very quickly and heavy rain and even snow can fall at any time of the year. A comprehensive gear list will be sent to you when you book your tour with us. Quality backpacks, sleeping bags, rain jackets, and overpants are also available for hire. If you are at all concerned about your ability to do this walk, please feel free to call one of us here at Trek Tasmania for more advice.

PRE-DEPARTURE BRIEFING

A pre-trip briefing and a full gear check with your guides the afternoon before your South Coast Track trek departs will ensure you have the right mix of gear for your adventure.

Please make your way to **Find Your Feet, 107 Elizabeth Street, Hobart at 3PM the day before your trip**, bringing your pack and what you intend to bring on your trek.

DAY 1: FLY FROM HOBART TO MELALEUCA, WALK TO POINT ERIC

This morning you will be picked up from your Hobart accommodation (time will be advised at the previous days' briefing) for transfer to Cambridge airport where our South Coast Track adventure begins. Our flight takes us over Hobart, Mt Wellington and then into the South West Wilderness. The bird's eye view of the country we will be walking through is truly a highlight of the tour and gives us that feeling of remoteness and expectation. We land at Melaleuca a small landing strip in the middle of the wilderness. The plane takes off and the feeling of adventure really begins. After having a look around Melaleuca and hopefully seeing the rarest bird in Australia - the Orange Bellied Parrot, we start our journey towards the coast. Today's walk is a great way to ease ourselves into the trip; we have plenty of time, having numerous stops along the way to take in the beauty. Today's walk is generally easy going, walking over small undulating hills and through plains of flowering plants. The New Harbour Range towers beside us and in the distance we start seeing the mighty Southern Ocean. After a few hours walking we come to Cox Bight, our first taste of the coast. Following an easy 2km across the beach we come to our first camp, Point Eric, located right on the beach in a sheltered cove. After we set up our camp, we make ourselves comfortable and have a hot drink looking out onto our own patch of paradise. The hard work for the day is done; the afternoon and evening are spent relaxing in this idyllic spot. After a big hearty meal and a lovely south coast sunset, we retire to our roomy tents for a deep and peaceful sleep.

Walking Distance 12km | Walking Time 5-6 hrs
Meals: Lunch, Dinner

DAY 2: TREK TO LOUISA BAY

Waking up to the sound of the Southern Ocean, we have a big fresh breakfast and pack up camp. Our South Coast Track journey continues this morning along several kilometres of beach, interrupted by a spectacular headland and a few small creeks. An hour into our walk we start heading inland towards our first real climb for the trip, the Red Point Hills - it's short and sharp however the rewards for your effort are incredible. Depending on the weather/time we might have lunch up here or keep heading east down into the next river valley. The water here is pristine, but has a tea coloured stain from the surrounding peat soil button grass plains that the southwest is renowned for. After lunch we cross a few more rivers before our final 3km trek; it is not truly part of the South Coast Track, but one of our favourite spots to camp, Louisa Bay. Setting up camp in the shelter of some densely vegetated sand dunes, tonight's camp is protected from the elements and affords magnificent views. The beach is a stone's throw away and one of the best spots to watch the sun set over the Southern Ocean. Our delicious dinner tonight is served by candlelight in a cave by the ocean, the finale to a truly unique and inspiring day on the South Coast Track.

Walking Distance 11km | Walking Time 5-7 hrs
Meals: Breakfast, Lunch, Dinner

DAY 3: WALK TO LOUISA RIVER

Today we have a short walk to Louisa River which is about 3.5 hours from camp, so this morning we have a relaxing start with plenty of time to explore along the coast. Once we leave camp our hike takes us further east where the looming Ironbound Range (tomorrow's challenge) gets closer and closer. We walk through vast plains of Button Grass, Melaleuca and many other flowering plants until we reach the Louisa River, where the vegetation change is dramatic. We descend into a stunning temperate rainforest consisting of Sassafras, Leatherwood and some giant Eucalypts, before reaching the river which is the largest water course flowing on the western side of the Ironbound Range. In good weather it is relatively easy to cross, but after heavy rain it can be a major challenge and one our experienced guides are used to dealing with. After crossing the river we set up camp, go for a swim, relax and try to have an early night in preparation for tomorrow's early start.

Walking Distance 9km | Walking Time 3.5 hrs
Meals: Breakfast, Lunch, Dinner

DAY 4: THE IRONBOUND RANGE TO LITTLE DEADMANS BAY

This morning we start early. Your guides will have been up at first light preparing a hearty breakfast and packing up camp. Our aim is to start walking as the sun starts to rise. Today is going to be challenging and spectacular as we rise almost 1,000 metres to our high point, before our descent back to sea level on the other side on the range. The Ironbound is the highest mountain range in Australia to fall directly into the Southern Ocean. The panoramic views are spectacular and overlook a large part of the southwest wilderness area, the Arthur Range including Federation Peak and the Maatsuyker group of islands. At the summit we are presented with a magnificent insight of what is to come in the next 5 days of our South Coast Track adventure. The Ironbound's are notorious for some of the most challenging weather conditions in Australia; snow, 100 km/hr winds and pelting sleet can occur at any time of the year. Our descent takes us through very dense, wet, moss covered rainforest. Taking our time going down we have numerous breaks to fuel up and enjoy what nature has provided. Emerging from the rainforest we come to the coast and walk into camp feeling exhausted, but with a huge sense of achievement.

Walking distance 11km | Walking time 8-11 hrs
Meals: Breakfast, Lunch, Dinner

DAY 5: REST DAY AT LITTLE DEADMANS BAY

Our South Coast Track rest day. After a relaxed start we have a long breakfast and a few cups of freshly brewed coffee. Today there is so much to explore; the coastline is stunning and the fishing and snorkelling is awesome. Perhaps you'd like to take it easy on our secluded little beach and read a book, or just lie back and relax, the choice is yours.

Meals: Breakfast, Lunch, Dinner

DAY 7: WALK TO GRANITE BEACH CAMP

Our trek today takes us over two headlands both covered in lush eucalypt forest, with an understorey of giant tree ferns, Leatherwoods and numerous other rainforest trees. Our lunch spot is the beautiful beach of Surprise Bay, where we have plenty of time to relax or even take a dip in the refreshing pristine waters of the Southern Ocean. Granite Beach, our final challenge for today is named after the many boulders on the beach that are often exposed after heavy storms. Tonight we camp at the end of the beach, up high, overlooking Shoemaker Bay and the amazing fluted cliffs of the South Cape.

Walking distance 10km | Walking time 4-5 hrs

Meals: Breakfast, Lunch, Dinner

DAY 6: WALK TO OSMIRIDIUM BEACH CAMP

Today is a brilliant blend of everything the South Coast Track has to offer - the longest beach in the southwest, giant trees, dense rainforest, river crossings and spectacular sea cliffs. Our packs will be heavier again today as we are stocked up with supplies from our food drop for the second half of the trip. Today we take it nice and easy and eat plenty of snacks along the way, completing our walk at one of the most picturesque beaches on the track, Osmiridium.

Walking distance 15km | Walking time 5-6 hrs | Meals: Breakfast, Lunch, Dinner

DAY 8: OVER SOUTH CAPE RANGE - CAMP SOUTH CAPE RIVULET

The final big challenge of our journey is the South Cape Range. This section of the South Coast Track is notorious for its muddy track, slippery roots and big climbs. It has the potential to be a long day so we start nice and early and tackle the first hill in the cool of the day. The high point is reached after a few hours and the view from here is one of the best on the entire track, as we look back towards the Ironbound Range and the numerous bays and headlands that we have crossed. We are also treated to another taste of Tasmania's magnificent alpine flora. As we descend, the trail forms a tunnel through thicket and is very slow going in parts, due to the roots and fallen trees. Our final descent for the day takes us to South Cape Rivulet and our camp for tonight - a magnificent spot for the last night of our amazing journey through the southwest wilderness of Tasmania. We usually get into camp a bit earlier today giving us time to enjoy a swim, a game of beach cricket or just sit back, relax and take it all in. Your guides meanwhile will prepare another fabulous meal on the South Coast Track. Tonight there are more great stories and laughs as we relive the trip highlights.

Walking distance 11km | Walking time 6-8 hrs

Meals: Breakfast, Lunch, Dinner

DAY 9: WALK TO COCKLE CREEK, RETURN TO HOBART

After our last breakfast together we pack up camp and walk the final 12 kilometres of the South Coast Track to Cockle Creek. The walking is easier today and we usually start seeing some day walkers and even some surfers as we get closer to civilisation. Crossing our final beach we enjoy some spectacular views of the mighty Southern Ocean as we climb Coal Bluff. The final few hours of today's walk takes us through Blow Hole Valley and then to the tiny town of Cockle Creek; the most southerly point of Tasmania reachable by road. What a fitting end to this amazing journey, through one of the most remote rugged and spectacular wilderness areas in the world. We are met by one of our crew and enjoy the experience of off-loading our packs before the scenic transfer back to Hobart, enjoying a tasty lunch on the way home.

Walking distance 12km | Walking time 3-4 hrs
Meals: Breakfast, Lunch

WHAT EQUIPMENT TO BRING ON YOUR SOUTH COAST TRACK TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the South Coast Track adventure. The gear check prior to your departure from Hobart will ensure that you have covered all aspects of the required gear without over packing.

E indicates essential item of equipment

H indicates available for hire

Clothing	Equipment
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex or equivalent 3 layer membrane). We recommend mid thigh length with full front zip opening which must have a storm flap. E, H (\$50)	Back pack 70-90L with waterproof pack liner E, H (\$50)
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) E, H (\$20)	Waterproof nylon pack cover E
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre	Inflatable /insulated sleeping mat - light weight E, included
2 Long sleeve thermal tops (polypropylene, wool or polyester) E	Sleeping bag - 3 seasons down or high quality synthetic, comfort rating -5 - needs to be around the size of a rugby ball or smaller E, H (\$50)
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E	Tent E, included
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton)	Good quality head torch with spare batteries E
Warm trousers - must be wool or synthetic fibre	Sunglasses with secure neck strap
Walking trousers	Water bottles or water bladder - minimum 2 litres E
Walking shorts	2 Heavy weight garbage bags or dry bags for waterproof storage OR 1 good quality nylon pack liner (Sea to Summit equivalent) E
Walking socks - 3 pairs wool or thermal E	Small pack towel
Warm / Waterproof gloves or mittens E	Gaiters - knee length essential for keeping mud from boots and leg protection E, included
Wide brimmed sun hat with secure chin strap preferable E	We provide all catering equipment including cutlery, cups, plates, bowls E
Balaclava or warm beanie E	Personal Toiletries and First Aid
Underwear - wool or thermal	Personal toiletries (please do not bring soaps or shampoo)
Swimmers	Insect repellent cream (please do not bring spray repellent)
Footwear	Sunscreen and lip balm E
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. E
Light weight sandals, thongs, or shoes for around camp	Optional Equipment
	Camera
	Walking Poles H (\$20)
Please contact us with any questions.	Small packable day pack for those days when exploring from base camp - your full pack can be used for exploring as well
	1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)
	Book